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ORIGINAL COMMUNICATIONS.

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SKIN-GRAFTING.

BY D. D. CROWLEY, M. D., OAKLAND, CAL.

WE often hear of many operations that are similar to skin-grafting, or rather those that take its place in order to produce the same effect, yet it is questionable in my mind that any other medium than the cuticle will promote the healing of a long-standing ulcer. Dr. Thompson, in the *Medical Record*, reports a case of sponge grafting. The patient had an extensive slough, the result of a blister, two inches wide and three and one-half inches long. As the sore would not readily granulate, he took small pieces of sponge, which had been soaked twenty-four hours in carbolic acid, 1 to 20, and clipped off a dozen pieces from its exterior, each piece from one-fourth to one-third of an inch square. He applied the peripheral ends of the grafts to the ulcer, as they had more surface. The wound was then cleansed with carbolic acid, 1 to 40, and powdered with iodoform. A compress was placed over the grafts, and a bandage still more externally. The doctor also adds that the granulations entered into the interstices of the sponges. At the end of two weeks the sponges were raised to a level with the skin. As the integument from the exterior grew toward the center of the ulcer, small portions of the sponges were absorbed or thrown off; others were cut off, and shortly the entire wound became covered with integument.

Undoubtedly, the sponges acted as a stimulus to the ulcer, promoted the forming of granulations, and hastened union. I have not the least hesitancy in asserting that small pieces of surgeons' cotton placed at intervals over an ulcer, and dusted over with iodoform, will produce quite as happy a result. Either of these modes cannot be followed by as speedy union as that of skin-grafting, for in this operation little islets of skin form a center for new skin to develop from.

Last December Mr. R., æt. forty, placed himself in my care. He had suffered from an ulcer situated near the superior and external part of the tibia. For over a year he had, as he said, tried all of the doctors and patent medicines, but with no avail. The ulcer was of an inflammatory character, with a tendency to enlarge. I applied a poultice for two days, at the end of which time the inflammation had entirely subsided. Prescribed the following:—

R. Potassii iodidi, ℥ij.; syrupum stillingiae, ad. ℥iv.; M. Ft. Mist. Sig.: Take one teaspoonful after each meal and at bed-time.

As an application to the ulcer, prescribed:—

R. Acidi acetici, ℥ss.; plumbi acetatis, ℥i.; cretæ præparatæ, ℥ss.; emplastu plumbi, ℥i.; olei olivæ ℥ss. Misc, Ft. Ung. Signa: Apply twice per day.

At the end of about ten days the granulations appeared upon a level with the integument, yet the ulcer would not contract, and the granulations were prone to break down. At the end of two more weeks of unsatisfactory treatment, I concluded the condition to be a suitable one for skin-grafting. From the patient and one student I clipped off with curved scissors small pieces of integument, raised by delicate forceps. The grafts were about two lines in length, and only to the thickness of the cuticle in depth, but little of the true skin was excised. The raw surface of each graft was placed carefully in contact with the granular surface of the ulcer. One graft, at times two, was retained in position by a slip of isinglass plaster.

I dusted the part over with iodoform, and covered the whole with surgeons' absorbent cotton, saturated with a weak solution of carbolic acid. Each day I cleansed the part with carbolic acid, 1 to 40, and repeated the first dressing; the third day two-thirds of all the grafts adhered, all of which formed new centers of cicatrization, and the ulcer speedily closed. The precautions necessary to skin-grafting

are, to make small grafts, have only the cuticle in the graft, not to bruise the graft or granulations, to retain them in position, and carefully prevent any irritation, and to cleanse the parts affected with disinfectants.

It would be commendable in every practitioner of medicine to endeavor to excite old ulcers to repair by applying skin-grafts over the granulations. They are easily obtained, are of no injury, and often effect repair which would otherwise be impossible.

ECZEMA CAPITIS.

BY H. T. WEBSTER, M. D.

APRIL 20, 1883, a married lady, aged forty years, applied to the writer for relief from an eruption upon the scalp which had been a source of annoyance for nearly six months. Beginning as a small, watery sore near the point of the apex of the occipital bone it has gradually spread until it involves a considerable portion of the scalp, the cheeks, external ears, also extending into the external auditory canals and down the posterior aspect of the neck. A troublesome itching was an almost constant source of annoyance, and there were occasional stinging pains in the affected parts. The patient stated that she had already tried two physicians, but that the disease had increased in extent and severity in spite of all their efforts to arrest it.

I found the hair so matted and agglutinated by the combined influence of ointments and exudation that it was impossible to arrive at a satisfactory understanding of the extent or exact character of the eruption on the scalp, though the exposed surfaces bore evidence that it was a case of eczema. As the patient had become very restive under the irritating effects of the disease and the mortifying influence exerted upon her mind by the filthy odors arising from the exudation, I was convinced that I must remove the difficulty speedily or else another practitioner would soon have the case. I therefore resolved on radical measures in the start, and informed her that I must clip the hair as near the head as possible. She consenting, this measure was carried out, exposing an extensive surface, partly raw and partially covered with thin yellow incrustations. These finally yielded to a liberal and continuous application of warm water and castile soap until all were removed and the raw, diseased surface fairly exposed.

I ordered the bathing repeated sufficiently often to prevent crusts from forming. As a means of influencing the reparative forces of the diseased surface through the circulation, I prescribed Donovan's solution in one drop doses before each meal and at bedtime. Locally, applied an ointment prepared somewhat as follows, once a day, and cover the head with a light cap: Ointment.—Place a pound of lard on a slab and gradually add one fluid ounce of oil of tar, incorporating it in the meantime by the aid of a spatula. Then in the same manner add one fluid ounce fluid ext. veratrum. Finally add and work in sulphur until a proper consistency results. The patient was requested to report at the end of one week.

At this time I found that the rawness had disappeared, though there was redness and some burning over the surface. There seemed no disposition now to the formation of crusts. A new phase, however, had developed. Small collections of pus were forming at divers places under the scalp. Alternate one $\frac{1}{4}$ grain pellet of sulphide of calcium with the arsenical preparation and continue the unguent as before. In another week all symptoms of the scaly disease had disappeared. A crop of pustules had discharged laudable pus, but another crop was forming, though not so numerous nor deep seated. I now ordered the Donovan's solution discontinued, but directed that the sulphide of calcium be taken as before, and advised that the ointment be applied twice during the next week. In another week the head was apparently free from disease except some enlargement of the occipital lymphatics. Continue the sulphide calcium, but stop the use of the ointment. In another week the patient was discharged cured.

CASE IN PRACTICE.

BY H. J. WHITNEY, M. D., CHENEY, W. T.

Mr. N., aged twenty-seven—sanguine temperament and stoutly built, applied at my office on May 11th, and made the following statement:—

Said he had been four days in the saddle, riding over two hundred miles, with stirrups slightly short, which caused cramping of his legs at times, so he had to get off and walk. His legs were cold and numb to the knees, could not walk without assistance. I examined case, and inquired into his

family history. No case of paralysis had ever occurred that he knew of. His pulse was 88; temperature normal. I used Faradic current on limbs, but could produce no elector-motor contractility to muscles; however, sensation was acute. I saw I had a case of muscular paralysis caused by some lesion of the cord, so applied the current to the spine, but could find no tenderness. Then I produced pressure over the vertebra with fingers, but with same result. The current seemed to start venous circulation, and soon the legs were warm. I prescribed:—

R. Fld. ext. nux, \mathfrak{z} ij.; liq. hydrastis, \mathfrak{z} i; syr. simp. ad. q. s., \mathfrak{z} iv.; M. Sig.: Teaspoonful every four hours.

Also to bathe limbs well with tr. capsicum and alcohol, equal parts, and use friction, and wrap in flannel cloths, also to bathe the spine, whole length, and rub well with coarse towel. May 12th was sent for to come and see patient. Found him in bed and unable to move his lower limbs, as the muscles were paralyzed to hips; pulse 120, temperature normal, pupils dilated, appetite good. Prescribed:—

R. Tr. aconite, gtts. xx.; belladonna, gtts. x.; aqua, \mathfrak{z} iv.; M. Sig.: Teaspoonful every two hours.

Also to keep up bathing limbs and use friction. Urine free and sphincter muscles not affected, bowels constipated. Gave cathartics, but they produced no effect, so moved bowels with enema. May 13th complained of forearms being numb, which soon extended to shoulders. I now concluded I had a case of acute progressive paralysis, caused by spinal irritation, and located in the anterior columns of the cord, affecting the motor nerves only. Soon the muscles of respiration began to be paralyzed, and case began to look doubtful. I dropped the first treatment and put him on belladonna only, my partner, Dr. Johnson, being in consultation. May 14th, pulse 140, temperature normal, respiration 40, door and window wide open, and patient propped up in bed, could not lie down, eyes staring, and looked like one about to die from asphyxia. Used cups to spine and acupuncture. May 15th, case no better, and sent to Spokane Falls for counsel. Diagnosed case same as we had, and said there was no hopes. We all gave him up, and told him his chances were a hundred to one against him. Prescribed:—

R. Fld. ext. ergot, \mathfrak{z} ss.; fld. ext. bell., gtts. xxx.; aqua, ad. q. s. \mathfrak{z} iv.; M. Sig.: Teaspoonful every two hours.

Continued cupping and used sedatives as indicated. May

16th, pulse 140, temperature 103, respiration 32, and patient seemed better. The motor nerves that were last affected were the first to gain their normal activity, and so progressed until all the muscles involved were restored and patient discharged.

BAD COUNSEL.

BY GIAOUR.

OUR attention having been called to Dr. Breyfogle's article in the May number of the *California Homeopath*, we must confess surprise at the advice offered by the eminent gentleman, and ask ourselves, what is the animus of the whole article?

We know the Doctor to have been bitterly opposed, too, and by the allopathic fraternity. He has held a number of his old school contemporaries in what we considered a just contempt. On more than one occasion he has considered it incumbent upon his dignity to refuse when called in consultation by them; we wondered at that time what the Doctor's action would have been had a thoroughly educated allopath sought his counsel; we wonder no longer.

He has been an uncompromising expounder of the great law of *Similia*; and by every means at his disposal has fought for the principle involved. In the public prints, and in fact everywhere, and in every issue the "regulars" have found him a "foeman worthy of their steel."

Knowing this, we read his article and asked ourselves what was the animus of it all?

Has the Doctor been stealing allopathic fire and dreading the chains and rocks of an allopathic Caucasus counsels a course he never pursued?

Have the long years of practice he so eloquently alludes to convinced him that there is a limit to the curative power of homeopathy, and that the true physician is he who chooses the best; in short, is he an Eclectic?

Has he been flattered into giving such counsel by the tardy recognition of his attainments by the big guns of allopathy?

That the Doctor does not intend to follow the course his article maps out is very clearly proved in the manner he handles his allopathic *confrère*. Dr. E. R. Taylor, let us inform Dr. Breyfogle, is a graduate of the Pacific Medical College but at present practicing law. E. R. Taylor and his address

are the natural outgrowth of the "Code" and "Hippocratic Oath" of the "Regular" School; and we most emphatically assert, Dr. Breyfogle notwithstanding, that said code and said oath smacks too much of trades unionism and the Mollie McGuires for scientific broad-gauged gentlemen to countenance and subserve by their silence.

The Doctor complains that "the struggle for recognition leads to a suspicion of weakness," and advises us to "cease the struggle." What would he think of the ragged Hahnemann wandering from town to town in Germany, if his isolation had prompted him to "cease the struggle?"

Not one physician that was over forty years of age when Harvey announced his discovery of the circulation of the blood ever accepted the theory; but Harvey never "ceased the struggle." Gallileo signed his recantation and went from the Council Chamber hissing between his set teeth "it does move, it does move," and though profoundly in the minority, he never "ceased the struggle." Luther sent the last nail through his Thesis on the door of the Diet of Worms with a final fiery bang of the hammer, and turning round demanded recognition of all priest-ridden Germany; and so we might swell the list of the men who have made history, and find not one that had not to battle against long odds for "recognition." Doctor Breyfogle, along with every other educated physician, has a right to a public as well as a private recognition; he has a position in the ranks of science as well as among the laity, and failure to claim his right savors of cowardice or something worse.

POPULAR FALLACIES REGARDING THE EYE, EAR, AND THROAT.

BY WALTER E. SCOTT, M. D., SPRINGFIELD, MO.

It has been said by some literary fossil, whose ideas at least were antediluvian, that "Where ignorance is bliss, 'tis folly to be wise." This, like many similar adages, should be repeated only for condemnation; for, while quoted by many as an excuse for mental deficiency, the effect only tends to encourage a certain class in their mental blindness.

In this, the nineteenth century, the one most remarkable in all the annals of history for progress in the general diffusion of knowledge and the consequent magnificent results which have accrued to the arts and sciences, people should spurn such an

idea as an insult to this civilization, and to their manhood. In no other manner are like sentences (treasured by some as heirlooms of literature) so productive of evil consequences as when applied to questions concerning the usefulness, the integrity and vitality of the component parts of the human economy. How little does the average man know of himself! How strikingly small is this knowledge when compared with what it should be! What question so absorbing that it should almost exclude a subject which is of such paramount importance—the Science of Health.

Even the average collegian of the day, who may, perhaps, be a walking encyclopædia of history, mathematics, Greek, and Latin, has neglected to learn anything of himself, and how to so guard his health, that he may be able to utilize his priceless attainments. In fact, many of our schools are but the hot beds of disease in various forms, and our bright, ambitious students grow intellectually brighter while the seeds which darken their lamp of life are being slowly but certainly planted.

The average professor is, no doubt, capable of teaching man's inner being, but, by not appreciating the relationship between mind and body, his scholars suffer from the results of his ignorance.

In this age, when the sum of human knowledge is so limitless, when there is so much which might be, and so much which *should be* learned, while life continues to be so short (owing to man's ignorance and imprudence) it behooves each one to select such studies as are best suited to intellectual and physical development, with a proper regard for their future station in life.

The idea of intellectual superiority in one whose physical ability was sadly inferior to the master mind was most beautifully expressed by the celebrated orator, Thos. Marshall, in the House of Representatives on the announcement of the death of a fellow member. Being asked to make some appropriate remarks, he arose and said: "Mr. —, our esteemed companion, is dead. The sword of his mind was too mighty for the frail scabbard in which it was contained." Alas! there are many frail scabbards among suffering humanity, many of them due to the ignorant and superstitious legacies of our fore-fathers.

Man, by his reason and intelligence, is superior to the brute in many things, and has more of the joys of living; yet

the civilization which marks his prowess is tarnished by the seeds of disease which blossom and bloom in time with his onward march. The brute, in his natural state, enjoys an immunity from disease which presents a startling contrast to that of the head of the animal kingdom.

Since we cannot retrograde into their condition to share this immunity from affliction, man should be taught, from his earliest years, how best to enjoy the intellectual and bodily luxuries by which he is surrounded with the minimum amount of detriment to his constitution.

If all well-known false ideas and impressions relating to human economy could be annihilated, and truth could reign instead, the human race would receive its greatest blessing, and ignorance and superstition the crushing blow which they deserve. An approach could be made to this Utopian state by making the study of physiology and a system of natural laws of health and hygienes compulsory in our public and private schools.

The number of false ideas concerning every part of the human economy is startling. To enumerate and comment upon them all is not my task this evening; and yet, if attention is paid to those of which I shall speak in a brief manner, the modifying influence on the whole will, I trust, prove of some benefit.

To be more readily understood, I will use the most simple words at my command, excluding puzzling technicalities as much as possible. The importance to man's comfort, happiness, and whole existence, of the organs of sight, hearing, and voice are only fully appreciated when, through misfortune, their use is impaired.

I doubt not there are many who never give a single thought to the fact that man is the only species of animal gifted with the wonderful faculty of speech. The affliction resulting from the loss of an eye or an ear is about as serious, and that from the loss of voice more serious than that from the loss of a limb.

He who cannot communicate with his fellow-men by speech is deprived of much; he who cannot hear the voice of his fellow-man, the music of sound in all its varied forms is deprived of more; but what can we say of those poor afflicted ones to whom all the beauties of nature and art are forever excluded?

Most delicate in their structure are those useful organs: yet

judging by the actions of many, one would think they were dealing with substance of the resistance of steel. The impairment of these organs is a serious matter at any period of life, but most dangerous when occurring in the tender babe who does not afterwards escape the ills of such a deformed existence by the boon of an early death.

When hearing is destroyed in them they rarely learn to speak, and in many who are somewhat advanced in years, that which has been acquired is lost. If speech is lost they cannot learn to appreciate, intelligently, the voice of others. When sight is destroyed before education, the afflicted one but proves a life-time burden. It is estimated, from the statistics of our blind asylums, that about one-half of the totally blind in the United States are those who were afflicted soon after birth, the ophthalmia of the new born.

I heard a celebrated German oculist remark in a lecture that when he was a student, there were forty thousand totally blind in the comparative small area of Germany—from this cause alone.

The causes of this affection are now well known to be due to carelessness and ignorance, and, consequently, are often preventable. Besides the totally blind there are hundreds of thousands who have been disfigured for life by this one common affection.

Many are careless, and they seem never to learn any better, thinking it an ordinary case of sore eyes which will get well of itself, or too insignificant to require any special attention.

Thus are the golden moments allowed to pass, until, when the mother becomes uneasy and seeks advice, an irreparable damage has been done.

I have seen the look of anguish on the mothers' countenance, who had been thus careless, on being informed that their darling children were beyond the reach of medical skill, or that they were hopelessly disfigured for life.

The remedies of our grandmothers have oftentimes proven serviceable; but, in eye disease in particular, they have accomplished less good than harm.

Together with the familiar corner druggist they prescribe, with a remarkably confident indifference for cases which will oftentimes puzzle the brains of our most skillful scientists. They mean well, but they are not wise in running such dreadful risks. Many an afflicted person has toiled manfully, by the advice of some friend, trying to cure his eyes when

the lids were inverted, and the eye lashes were brushing over the sensitive structures doing serious damage all the time, by using some popular eye salve or lotion. This is one of the many conditions where operative procedures are absolutely necessary for relief; all the eye salves in existence would prove of no avail.

The mere mention of the word *operation* strikes terror into the average mind. It immediately suggests the idea of some stony-hearted surgeon with a butcher's knife thirsting for gore and delighting in the agony of his subject. Physicians avoid giving more pain than necessity demands, or they would soon be without a business for their support. The knowledge of the benefit which will in all probability result from an established operation, in given cases, drowns, for an instant, his feelings which are at all times as subject to emotion as those of other men. There is a great deal too much embraced in the term *operation* to give a definite idea to people in general. The removal of a cinder from the eye, the application of any drug to the eye by brushes, the turning of the lids, up to the most serious cutting are all included in its definition in a medical point of view. Several of the more serious operations are not nearly so painful as the extraction of a decayed tooth, or the opening of a boil; and where they are really too painful to be borne, we have anæsthetics (ether and chloroform) which will prevent sensation, and are almost wholly without danger if a *pure* article is properly administered.

It is a fact which is not generally recognized, that there are constitutional diseases which affect the organs under consideration; they are, in many cases, so closely and frequently connected that scientists are able, by examining the eye, to locate a trouble in another part of the system.

It can be appreciated then that simple local treatment in such cases will not cure; the original affection must be considered. The whole field including those special organs has, during the past few years, undergone a wonderful revolution.

Men have, by confining themselves to specialties, been enabled to bring about this change. A few years since when anything was the matter with the interior of an eye, there was no appliance by which we could determine the nature and the extent of the change; it was purely a matter of guess-work. Since 1850, when the ophthalmoscope was introduced by Helmholtz, the interior of an eye can be examined with almost as great accuracy as the exterior. It is

only a few years since the cavities of the ear and throat have been thoroughly exposed to view by means of reflected light from mirrors and other ingenious contrivances.

During the ages preceding these useful inventions, when *all* physicians were more or less ignorant of the affections of these organs, many of the prevalent false ideas came from those who are supposed to be able to give advice. The diseases of these organs are oftentimes so slow in their progress that no trouble is recognized until serious inroads upon their usefulness have been made. Affections of the throat, unless very painful, or affecting seriously the voice, are scarcely noticed by the majority.

Having two eyes and two ears, if one remains perfect, the use of the other is oftentimes gone before its weakness is suspected. If everyone would close one eye and one ear, testing each one separately, there are many who would find themselves with defective eyes and ears, much to their surprise.

It is a good practice to try such experiments in apparent health; but more particularly so when there is any appreciable trouble.

Owing to the exposed position of the eye injuries are quite common, especially among those of some certain occupations.

Some remarkable things have been lodged in and about this region, one of the most wonderful being in a case whose history is recorded in many text books on this subject, and the truthfulness of which is beyond doubt. A man who was injured by a fall while carrying a hat rack, applied sometime afterward for treatment; the surgeon soon recognized the presence of some large foreign body in the cavity occupied by the eye, and immediately proceeded to take steps for its removal; the body proved to be a *hat peg* over three inches in length. Strange as it may seem, the eye was but little injured and was soon almost restored to its former degree of usefulness.

This was nearly as bad as the case of the woman who had the singular habit of swallowing pins. When she died some years after commencing this mode of diet, the body was examined, and the pins removed were weighed; they turned the scale at a pound and a half. The authority I have for the latter is a celebrated professor in one of the leading colleges of the land.

Glass, iron and other bodies which lodge in the interior of the eye are apt to destroy not alone the sight of the injured member, but also that of its companion.

When the surgeon very properly advises the removal of such an eye when he anticipates such an action, the idea is so shocking at times so fearfully sudden, that a dangerous delay, or absolute refusal on the part of the patient, or his friends, is oftentimes followed by total blindness. As Johnson says, "When desperate ills demand a speedy cure, distrust is cowardice and prudence folly." I remember quite vividly a case which occurred some years ago.

Two children were engaged in the common amusement of snowballing; one of them getting an eye injured, went into the house crying; a surgeon was called at once; he saw the injury, learned its cause, and came to the conclusion that there was some foreign body in the eye. Failing to remove it, he, after a consultation, advised the removal of the eye. The parents horrified at the idea, refused to submit to their decision. In a short time the other eye became affected; the injured eye was then removed, but the delay had proven fatal; total darkness had claimed another living companion. A case illustrative of the bad effect from the common use of a poultice in eye troubles was related to me by a medical friend. A man having some slightly painful inflammation in either eye, by the advice of some confiding friend, applied a poultice to each; he kept the hot poultices, which appeared to soothe his pain, in place for about three days, and on their removal, finding he could not see, consulted my friend. On examination it was found that both cornea (the clear portion of the eye in front) had been poulticed away, and that the case was absolutely without a hope. Thus was an insignificant affection converted into the worst by the advice of a self-made doctor who really meant a kindness.

People are keenly alive to the fact that the eye and ear are delicate organs, and should be handled with care; and yet from some motive, which can sometimes be traced down to pecuniosity, they will let anybody, however ignorant, who gives advice without reward, use the most filthy and harmful mixtures without a murmur.

The same medical friend related to me the case of his sister who, when he was but a boy, grew gradually blind. It was seven long years before her sight was gone; and, during that period, there was no soothing balm for her pains, which, at times, were most excruciating. Of the many general practitioners who examined her none knew the nature of her troubles; or, if so, they were not acquainted with the almost

certain and speedy cure which had then been recently made by the great German oculist von Græfe for, for that frightful affection—glaucoma.

This great oculist, who did so much for mankind in general, and his disciples in particular, by his inventive genius, is now no more; but his deeds will ever live in the minds of his followers. It should be their duty to teach each afflicted one who receives the benefits of this treatment taught by him to weave a wreath of immortelles to his memory. The word cataract should be banished from the nomenclature of science, since people who do not understand the real nature of this misnamed condition get a wrong impression, and are prone to consider it as some fearful growth or disease, which can rarely be relieved.

A gentleman came to me last summer for consultation about his eyes; after a careful examination I informed him that he had a cataract in one of his eyes, and one forming in the other.

He had nothing to say in regard to my opinion, simply gave me an incredulous look and departed. He had, no doubt, been taught or had an idea that it was some dread disease, or tumor; and, as he had suffered no pain, nothing but a gradually increasing dimness of vision, he believed me to be mistaken. He has no doubt discovered his error ere this.

The real nature of this affection is a change in the transparency of the lens—the natural spectacle of the eye.

When by birth, by injury, or by the defective nutrition of old age, it becomes cloudy, the entrance of light, by which we see, is obstructed; and, as the cloudiness increases, the accuracy of sight is diminished.

The removal of this faulty lens, and its substitution by spectacles, is one of the greatest triumphs of ophthalmic surgery; for, in the majority of cases, the afflicted one is transferred from the desolate condition of almost complete blindness to a state almost as perfect as the days of old.

“Weak eyes” are common, and are generally supposed to require some strengthening eye-wash to restore their natural tonicity.

The only method of relieving this really troublesome affection is by removing the cause—which may be an error of refraction, requiring glasses to be skillfully fitted, a beginning squint, or an unnaturally sensitive condition of the delicate coats of the eye. The greatest care should be paid to

the eyes of children when first their young minds are being taught the paths which lead to knowledge. By holding the book in improper positions, by using the eyes too much, by straining them in a poor light, mischief is done which might easily have been avoided.

Reading while lying down at night is a habit with some who in after years bitterly regret their folly.

"Watering eyes" are but little understood in general. The trouble is most frequently due to an obstruction of the ducts, the duty of which is to carry the fluids (the tears) into the nose from the inner angle of the eye. This is caused by some inflammatory changes in the parts; or to some false position of the lids, also generally due to a diseased condition. The cause being found and properly removed, the trouble ends. "I have a scum on my eye," is quite a common, and very inelegant expression.

This is due to cloudiness—an opaque condition of the clear part of the eye—due to some inflammation which has existed previously, or is present beneath the lids, making it worse all the time. "Wild hairs" in the eye-lids, so-called, are often due to a change in position of the natural lashes by deformity of the lids, thus converting the natural shield into a source of trouble. By relieving the deformed lids the lashes are restored to their natural condition. To pull them out gives only temporary relief, as they soon begin to grow again in a luxuriant manner. "Eye stones," another one of the remedies employed by our friend the druggist, put into the eye to remove cinders and other foreign substances, often cause more trouble than the original affection.

It is certainly a novel method of treatment, probably having originated in the brain of some one who had heard of the theory that "like cures like."

"Eye cups," which are being extensively used by some for the relief of eye affections, are making business better for the oculist, but are doing great damage to the sight of those so unfortunate as to become victims of their use. I see in reports of medical journals recently that widespread mischief is being caused by these seemingly harmless instruments.

"Double vision" is due to a want of harmonious action in the several muscles controlling the movements of the eye-ball. It is always present at first in squint, but after a time it disappears, not because it is relieved, but because the brain,

puzzled by two images, excludes the false one, and henceforth the persons see only with one eye. In this condition the individual is practically blind in the squinting eye—unknown even to himself. In the great majority of cases, cross-yes, which usually begin in childhood, could be corrected by proper glasses, if noticed early; to delay is to render an operation necessary. True, it is better for the oculist, because, in a money sense, an operation is more profitable than is a fee for testing them for glasses. It is passing strange to hear persons say they will wait for their child to grow older before submitting him to an operation, after the condition has been present so long that the case requires such treatment. *A squinting eye rarely sees well, and it grows worse all the time.* I have seen them in persons not over the age of twenty, where, by excluding the other eye, they could not count fingers correctly at a distance of forty inches. This condition was due to the ignorance and almost inhuman negligence on the part of parents, who, in some cases, deserve the opprobrium heaped upon them in after years by their own offspring. It is too true that in former times when every self-made surgeon would try his hand, when the instruments used were clumsy and the mode of operation imperfect, there were bad results. At one time these were so frequent that the operation was abandoned; but now, with all the modern improvements, in the hands of those who understand perfectly the action of the several muscles, and the nerves which supply them, it rarely fails to produce happy results. It is not caused by imitation of others, as some suppose; the same cause will oftentimes afflict several of a family—thus giving rise to this mistake.

It is commonly known as squint, cross-eyes, or scientifically as strabismus, but some, trying to be more classical, I presume, give it the high-toned cognomen—"a cast on the eye." It is commonly supposed that there are many who wear glasses for affectation, or because it is considered fashionable. This is not true; it is the exception rather than the rule. The knowledge of this prevailing sentiment has caused many sensitive persons who were sadly in need of them to refuse their aid. Some who need them so badly that they fail to recognize a passing friend, and whose best interests suffer through their infirmity, persist in refusing relief, when their vision might be completely restored.

These are cases which occur in the young, and at all stages

of life, and are commonly known as near and far-sighted persons. It is as natural for the majority of persons who are advanced in years to need the aid of perfectly fitting glasses, as it is for their hair to become silvered with gray. One serious fallacy, which is quite prevalent, is the supposition that any one who keeps glasses for sale is competent to fit them to the eyes of those who need their aid. This should no more be expected than that every druggist should be competent to prescribe accurately the drugs which it is his business to sell.

It is the druggist's business to fill accurately the prescriptions of those who by profession have the requisite skill to give the necessary advice.

Just so it is the business of the optician, and others who deal in glasses, to fill accurately the prescriptions of those who are proficient in scientifically determining what glasses are needed. The druggist will sell anything which he has in stock, without an order from the physician, to any one disposed to buy, and will often proffer his meagre store of advice, but in doing so he often commits an act of treachery both to the sufferer and to a profession to which he does not belong.

The dealer in glasses will also willingly sell any pair of which he is possessed, with little or no regard to the correctness of their fitting, to any one who may come in to find something to suit his particular case.

In some cases they may be suited as well in this way as any one could do it for them, but in a large proportion, the purchaser is poorly fitted, and is deluded with the idea that he has the best that can be had.

A community is sometimes electrified by the report that old Mrs. Brown, or Mrs. Smith, who has been using glasses for twenty or forty years, as the case may be, has recovered her youthful vision; has attained her second sight. To the uninitiated this appears marvelous, and is the nine days' wonder, especially in a community inclined to be superstitious. The explanation is that the natural lens, which is more or less convex, had by age become flattened, and by so doing had removed the necessity of this artificial aid; or, as occurs in others, the lens was becoming opaque—there was the beginning cataract—and, for a time, the rays of light were so changed thereby as to do away with the necessity of glasses.

The "second sight" is in the latter case a delusion; for in

a short time the opacity is complete, and then nothing but a skillful operation will afford relief. A common tradition is one that it is a common operation in surgery to lay the eye on the cheek, and to scrape the back part of it; not only this, but that the person can afterwards see as well or better than before such curious treatment. Some, who are overconfident of their powers of observation, are willing to swear that they have seen it done.

The idea is fallacious, yet not without foundation, for there are operations, such as the removal of a tumor, from which a casual observer who was not well posted might form such an opinion.

Leeches are sometimes applied to a bruised eyelid with the expectation of getting the dark blood away, and restoring the parts to their natural color. Unfortunately for this theory, the leech has a decided preference for the substance in its natural condition, and obstinately refuses to bite in the right place. Styes are common troubles, so common, indeed, that but little attention is paid to them, as they rarely cause much inconvenience. In some cases, however, there remains a disfiguring tumor, which increases in size, and renders a slight operation necessary for its cosmetic effect.* People often catch sore eyes simply by looking at another who is thus affected; this is the story which so many tell. Why does not the surgeon who looks at and handles hundreds become affected the same way as others are supposed to be? The real cause of the trouble is the carelessness and ignorance on the part of the patient and his attendants.

Persons thus affected often use the same bowl and the same towel with the rest of the family, and their soiled linen is put into the household wash with the balance, and in *this* way large families and schools are inoculated.

This is experience dearly paid for by many, for contagious inflammations are often most destructive in their nature. There is a general inattention to the eye affections of the lower animals. Their eyes are similar in structure to those of man, and many of their ailments could be treated on the same principles. As an example of this I read recently in one of my journals of a very balky horse, which was com-

* In many cases styes are due to errors of refraction, which should be overcome by properly fitting glasses, which remove the tendency to the return of successive crops.

pletely cured of his seeming contrariness by fitting him with proper spectacles. Why not, since they are as likely to need them as are men?

Affections of the ear are rarely noticed, unless accompanied by great pain, profuse discharge, or they have progressed to almost complete deafness. Even where there is pain it is treated lightly as a common earache until, perhaps, the results teach the folly of neglecting this most usual sign of inflammation. In many of these painful cases a poultice is applied to the ear until all the possible harm is derived, and then assistance is called. Little helpless infants are oftentimes treated for brain and other diseases, when the real seat of troubles is in the ear.

This organ is certainly not proof against disease! In fact, from its close relations with the throat and nose it is quite commonly affected. The greater proportion of ear affections are due to pre-existing troubles of the throat and nose, the inflammation extending through the canal by which these parts are linked together.

In ear disease the danger is not limited to the integrity of the organ of hearing; the pale monster *Death* could tell of hundreds and thousands of cases of neglected ear affections. A single glance at the anatomy of the part most commonly involved would lead us to wonder that serious complications are not of more frequent occurrence. The middle ear is a small cavity about a half an inch in height and in length, and an eighth of an inch in width. It is situated in the substance of the temporal bone. It is lined by a delicate membrane, and encloses a chain of small bones which conduct the nerves of sound from the drum head to the inner ear.

Even when no unnatural thinness of its delicate walls is present, which oftentimes occurs, it lies in close proximity to other structures which become the doors by which death enters.

Below it, separated by only a thin plate of bone, lies the inner jugular vein, wherein the blood which has nourished thought slowly winds its way back to the heart. Its inner wall but faintly covers the nerve which gives expression to the face. Its outer boundary is a thin membrane—the drum head—which receives the waves of sound. Above, scarcely a hairs'-breadth from this cavity, lies the seat of thought, the brain. After this, one can readily see how perilous to

health and to life is that common condition where ulceration is left to continue its work almost in the presence of such important structures.

■ Curious things have been removed from the ears of persons, children in particular. Buttons, pins, flies, bugs, and many other small objects have caused great suffering when lodged in the outer canal.

There is no method so generally successful in removing these troubles as the skillful use of warm water, thrown in by means of a syringe, an operation any sensible person should be able to perform. The prevalent method of gouging the ear with pins, matches and scoops sold for that purpose, is productive of great harm, is unnatural, and should be abandoned. The ear as well as the eye is the seat of trouble in many cases of mysterious headaches, where it seems as though all ordinary treatment has failed to relieve. Many think it is singular that they should hear noises in the ear, and yet fail to recognize in it a symptom of disease.

Inflammation of the middle ear, followed by rupture of the drum membrane, and a discharge, are such common complications of measles, scarlet fever and small-pox, that a learned physician has written the following candid and truthful sentence: "So necessary is a careful attention to the ear, during the course of an acute exanthemata (meaning scarlet fever, measles, and small-pox), that every physician who treats such a case without careful attention to the organ of hearing must be denominated an unscrupulous practitioner."

It is, unfortunately, a common fallacy for parents to consider that a child will outgrow a running ear and nearly all other ear troubles. Such a result can be anticipated but little more than that a blind eye will regain its vision, or a deformed limb will become natural with advancing years.

A common and dangerous practice, which is gradually decreasing, among that useful class of persons, the school-teachers, and among mothers, from time immemorial practiced, is to box the children's ears. There should be stringent laws among School Boards against this practice. A teacher or parent should no more think of punishing a child in this manner than they should think of thrusting a finger rudely into the eye. Children are often punished in various ways for dullness of comprehension, and for inattention, when the effect is in their hearing powers.

In ancient times this branch of medicine was a neglected science, and consequently the treatment was as ludicrous as the results were sometimes harmful.

Herodotus tells us of specialists in Egypt, in his early day, for nearly every branch of medicine with the exception of the ear.

In those days living worms were found in the ear, due to carelessness and uncleanness; to-day the people, even with their many fallacious ideas, are neat enough to prevent this loathsome condition.

A physician, who was at that time quite celebrated, thought deafness to be due to the influence of the devil and evil spirits. A curious remedy for - running ear was to fill it up with some substance which hardens rapidly, like the plaster of Paris. It accomplished it for a time, no doubt, but it was probably, or almost certainly, at the expense of the life of the patient. Frog's fat was, at that remote period, a popular remedy for earache.

Asclepiades, a friend of the mighty Cicero, recommended the mixed oil of three or four cockroaches as a valuable ear oil. African snail, cooked in henbane, with the addition of oil of roses and woman's milk, was a favorite with some; the brain of a lion mixed with oil, of others.

As late as the year 1600, the surgeon of a large hospital in Rome treated deafness by water *distilled over a mouse having no hair*.

Celcus, in his work on medicine, gives the following as the best means of removing a foreign body from the ear:—

The patient was to be laid upon a table, on his side corresponding to the affected organ. The surgeon was then to take a hammer and pound away on the table—the jolting dislodging the offending substance. Others, less skillful, persisted in shaking the patient's head until the end desired was attained. It is almost needless to state that these ancient methods of treatment have justly fallen into disrepute; yet they have, through tradition, left impressions on the minds of many which will, probably, forever last.

Persons are more frequently troubled by throat troubles than any other class of disease to which the human race is heir. I doubt if there is any one in our changeable climate who attains maturity without one or more attacks.

In fact, it is of such common occurrence that but little attention is paid to what is ordinarily called a cold.

The term is decidedly objectionable, is wholly unscientific; and yet it has by such widespread usage among the masses become an appendage to even the medical literature of the day.

Those who would like to see an amusing description of this trouble, and the numerous nauseating remedies recommended by sympathizing friends to be "sure cures," should read "Mark Twain's" experience. "Cold" is the name given indiscriminately to inflammation in nearly every part of the system, but most frequently to those of the throat and nose.

"It is nothing but a cold" gives an idea of the insignificance in which it is held.

It is nothing but a cold which causes *nine-tenths of all affections of the ear*; it was nothing but a cold, an ordinary sore throat, which sent the immortal Washington to his grave; besides the numerous minor affections which might be named, it is nothing but a cold which annually sends thousands to their graves, from pneumonia, bronchitis, affections of the heart, brain and other organs of the human economy.

'Tis oftentimes the only way—which may be, too, the saddest—to have experience dearly bought. 'Tis strange that an intelligent people should go on day by day, year by year, following in the footsteps of those who have fallen victims to their negligence, peccuniosity and imprudence. By careful attention to diet (especially that of young children), ventilation, proper clothing, and the general use of "common sense," the death rate of our country would be diminished to a wonderful extent.

It has been said by some Eastern writer that sealskin cloaks have caused more deaths in the city of New York during the past few years than has the fatal small-pox.

This is a remarkable statement, and one calculated to rouse the animosity of many of the gentler sex whose hopes and aims in life have been brightened by dreams of this really beautiful, yet not harmless adornment. It is not the proper use of such a cloak in itself that causes damage, but its abuse. After its purchase it must be worn to gratify the love of admiration, whether the weather is suitable or not.

The truth of some of these statements may perhaps be doubted, but we should remember that the great majority have not an opportunity or an inclination to give much attention to the subject; and consequently their opinion is merely a surmise.

What has been said of sealskins will apply equally as well to other articles of clothing which are too heavy or too light for the condition of the weather and occupation of the wearer. "A cold" is often caused by wetting the hair, a habit which is common with many persons. It is, however, most frequently caused by an exposed condition of the feet and legs.

Being farthest removed from the heart, the great center of the circulatory apparatus, the blood supply to these parts is naturally weak compared with other parts of the body; and they should, consequently, be *better* instead of *worse* protected. In children some of the most dreaded diseases have a local manifestation in the throat.

Unfortunately for the perfection of human skill, diphtheria, croup, and scarlet fever have taken away many lives which were their parents' pride and joy. It is sincerely to be wished that, at some future date, medical skill will approach that ideal state when man will live his natural life in comfort. This can be looked for only when people appreciate the truths presented to them, and respect the warnings of those who should be their teachers.

The common idea of catarrh is quite erroneous, and being connected in some instances with very disagreeable symptoms, a patient is often horrified when that name is given to his complaint by his medical adviser.

The term comes from a Greek word meaning to flow, and it is applied to even the mildest forms of inflammation, which is characterized by increased secretion; consequently, it varies from the mildest to the most disagreeable and destructive disease which affects the throat and nose.

The disease varying so widely in different individuals, and in different climates, one should readily see how fallacious it is to believe there is any specific which can cure all cases.

In fact, in all the domain of medicine, there is no drug or combination of drugs which has a specific action on any disease in all cases; most that can be expected is that, together with other directions heeded, they will relieve the majority. One great cause why catarrhal troubles are so obstinate to relieve is on account of the prevalent habit of using tobacco. Particularly is this the case in smoking in the form of cigarettes.

I really do not believe that a person who has catarrh can be cured while he continues to use tobacco in this form, be-

cause it is almost impossible to smoke them without inhaling the fumes, and blowing it through the nostrils. One prominent reason why drugs fail in many cases is due, not so much to the lack of their efficacy when pure, as to the inferior qualities retailed by many of our enterprising co-workers. The druggist keeps such things for sale; if they lie upon his shelves for years, being handed down from one proprietor to another, losing gradually or suddenly their virtues, still he has paid for them; and, as there is no law restraining him except moral law, he thinks he cannot afford to throw them away.

This is a wrong done when such stuff is sold, both to the purchaser and his physician, the patient gets no better, perhaps worse, and the doctor loses, in consequence, his faith in the value of a really good drug. Being in a climate where catarrhal affections are more or less prevalent, the question naturally arises, how shall they be prevented?

As stated before, it is caused by "nothing but a cold," and having this fact well in memory, the preventive treatment should always be tried. How shall this be done? Not by wearing a seal skin and other heavy cloaks and coats, especially when walking, while others are in their shirt-sleeves. Not by wearing tissue paper stockings encased in delicate shoes, when others are wearing woolen socks, heavy shoes and rubbers! Not by putting off necessary shopping until the snow begins to melt, or the rain is pouring down! Not by crowding several persons into a sleeping apartment which has scarcely enough air for a single occupant! Not by taking monthly baths in summer, and taking a rest during the winter!

'Tis rather in the avoidance of these and other indiscretions prejudicial to health. Foreign bodies in the throat and nose are not of rare occurrence, and cause mischief at times which in some cases result in death from suffocation or in violent inflammation. I recall the disagreeable case of a woman who consulted me in regard to her nose. On examination I discovered something which appeared unnatural, far back in the nasal cavity, which, on removal, proved to be a plug of cotton. It was time she was going somewhere for advice, for the odor from her breathing apparatus somewhat resembled that described in "Bill Nye's" account of a Mormon emigrant train. She remembered, when asked, that she had placed the cotton greased with oil into the cavity some

weeks before coming to me, and had forgotten to remove it.

It is a popular fallacy to believe, as many do, that it is dangerous to remove the enlarged tonsils of children, some thinking they will outgrow the deformity. The truth is that they grow gradually accustomed to the impairment, and, not knowing the benefits of removal, are content. This condition of things would naturally prevent one from becoming a good speaker, or a singer of much ability; added to this, such persons are, far more than the average, liable to acute attacks of inflammation in the parts involved. As an example to show that it has no bad effect on the throat, we can refer to the cases of "Neilson" and "Patti," two of the most melodious warblers of modern times, who had their tonsils removed with great benefit to their vocal abilities and personal comfort. The importance to health of good ventilation had a sad illustration in the historical "Black Hole of Calcutta." It illustrates, in a startling degree, what is being done in thousands of dwellings on a more graduated scale.

One hundred and forty-six persons were confined in a small room about eighteen feet square, from night till morning, the only provision for ventilation being one or two small gratings like those of any cellar. When morning dawned on this scene of misery and woe, only twenty-three who were nearest the windows were survivors. One hundred and twenty-three lives sacrificed thus suddenly, yet slowly and in agony for them, to the ills of ventilation. I could not, in justice to many who are now living, and others who have crossed to the golden shore, close this denunciation of popular fallacies without giving due credit to the non-professionals whose ingenious inventions and discoveries have been of such incalculable benefit to the practitioners of medicine.

The names and achievements of these public benefactors are chronicled in the archives of medicine, and will ever live as bright mementoes of the ingenuity of the people. May the example they have given stimulate others to still greater deeds, and by so doing assist those who labor for the comfort and health of humanity.

Man, in all his glory, in all his grandeur, has not a more beautiful nor more enticing field in which to develop those marvelous faculties with which nature has endowed him than the domain of professional life.

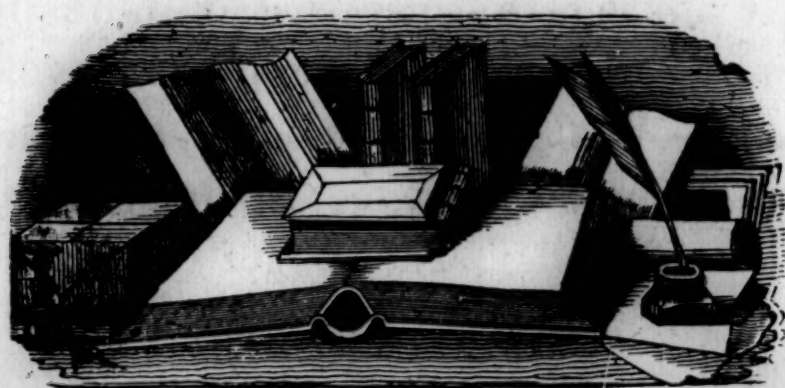
It is in these departments that mind can best expand and grasp, and ever continue, without ceasing, to increase in

wealth, that the harvest may be utilized for the benefit of mankind. It is here that man's highest hopes on earth are centred, and in which, maybe, his fondest dreams are destined never to be fully realized. There is a pleasure in pursuing the mighty truths demonstrated by our forefathers; there is joy in the knowledge that we have added to those sacred lights, gleaned from the mighty intellects of all ages, which can be fully appreciated only by those who dwell in the product of intellectual activity in its higher spheres.

Together with its sister professions, Law and Theology, Medicine forms a trio, which rank as queens above their less pretentious companions, conscious of their own greatness in theory, skill, and science, commanding the admiration of a grateful people, yet conscious of their own imperfections.

Few are there who appreciate the gratuitous work, the untiring labors of those who, by day and night, seek to guard alike the health of those who dwell in princely halls, and those who crowd the lower walks of life. Fewer still are those who appreciate the man of haggard look and weary brain, who has grown prematurely old in his endeavors to cripple the pale monster which steals upon its unsuspecting victims in such cruel, varied forms.

And for those who have cause to be reproachful we would say—the avenues by which disease may enter man's system are numerous; and medicine, not being an exact science, there are conditions which defy the best of human skill. And then a physician is but human, and like others liable to err. The many dots which mark the site of once bright and lovely children, brave men and beautiful women in our cities of the dead, should but stimulate the disciples of Esculapius to conquer the cause which consigned them to an untimely grave. They should be monuments to remind him of the work which remains to be done, and will be by this and succeeding generations.



EDITORIAL.

Unhealthy Literature.—The press properly conducted affords the best possible avenue for the enlightenment and refinement of society. It has been a mighty power in the promotion and spread of civilization, and contributes greatly to the enjoyment of a large proportion of the enlightened world. But it is doubtful if there is anything on earth that may not be prostituted to bad purposes. Certainly the press is not now confined to the promotion of a higher civilization.

Notorious among the objectional publications of the day may be named *The Police Gazette*, which probably does more under the guise of respectability toward the creation and encouragement of libidinous propensities than any other issued. Here are described and depicted in attractive form some of the vilest phases of life. The sore spots of humanity are laid bare in many instances so as to lighten the gravity of what ought to be regarded from a very serious stand-point. Jocose delineations of lecherous acts are interspersed with accounts of other criminal deeds. Instead of exercising the functions of an honest chronicler of the class of events with which it assumes to deal, it glosses them over until something like an atmosphere of the heroic surrounds and excuses the most heinous of

crimes. Engravings calculated to stimulate erotic desires and lead the plastic mind of youth toward sensuality are boldly displayed. Around windows and news-stands where this sheet is exposed to gaze, crowds of youths and boys may often be seen drinking in this feast of human depravity, while many are regular purchasers and devourers of its weekly issues. What the result of such literature if thoroughly disseminated must be in time, requires no prophetic mind to foretell. The pages of history already declare it.

While Rome was true to the best interests of humanity, it thrived and grew in power as a nation, but when sensuality crept in and took possession the very foundations of its national life were sapped. Gratification of the animal passions grew to be the ruling desire and absorbed all popular love for civil welfare. Gormandism reached such an excess as to astonish the modern student of history, but it could not outdo in stupendous enormity the degree to which the sexual instincts and passions were encouraged. Immorality became the leading vice. Phallic worship, introduced by the Greeks simply with allegorical reference to the mysterious reproduction of man through the union of the sexes, became transformed into a disgusting actuality. A representation of the male organ, of gold, an hundred and twenty yards in length, was carried about at the procession of Ptolemy Philadelphus as an emblem of an object of public favor. Thus may be seen to what depravity a popular tendency to the sensual may at length give rise.

Rome fell, and its downfall may justly be ascribed to this monstrously developed sensuality, for from such public demonstration may well be imagined the private practices of a people. What but mental and physical degeneracy could be expected where immorality and sexual debauch were allowed to run riot? These were far more potent causes of the incapacity which permitted barbarian hordes to overrun the territory and absorb the population than

the luxurious habits to which historians have ascribed the catastrophe. France presents us with another example of national degeneracy. Probably its people are to-day the most wicked, sexually, of any civilized nation in the world, and descend to some of the lowest practices. As surely as the laws of nature were designed these will end in time, unless there be an influx of foreign element, in extermination. Biological laws are inexorable.

There is another kind of literature whose influence is pernicious in the extreme. The exciting, sensational, fictitious reading so accessible to the young leaves an unfavorable impress for a lifetime upon more than one growing mind, by disturbing the mental equilibrium and feeding morbid tendencies. Insanity is on the increase, and it owes, without doubt, a part of this unhappy fact to the popular pandering to an appetite for such literature.

The moral and philosophical aspects of this subject may not come within the province of medical journalism, but its importance in a sanitary light is by no means insignificant. As the true physician is not only a healer of disease but a teacher of the best means of its avoidance—of the proper manner of living so that its minimum may be attained, no better field of labor lies open than this, to promote the correction of these evils.

The physician is an honored friend in many a household—a welcome guest at numerous firesides. His counsels are heard with deference and respect, and they carry weight with them. Let him see that parents are led to regard this subject in its proper light. To benefit mankind without ostentation is the prerogative of the medical man, and it is genuine religion as well.

Climate of the Pacific Coast.—It will be remembered that in June we promised the readers of the JOURNAL that we would tell them something about particular localities in California as health resorts for tourists or for those seeking residences.

The valley of the Napa River suggests itself as one of the first in the land for such purposes; and as we, at this writing, enjoy a view of it from an elevation of a thousand feet, we can truly say that it has attractions very rare both for classic beauty and climatic quality. The Napa River empties into the bay of San Francisco about thirty miles by rail from 'Frisco and is in a northern direction from that place.

In this valley we have one of the richest agricultural and fruit-producing countries, but the latter industry is much the more important. The grape is the principal fruit, although almost any other may be grown successfully and profitably. Three or four acres of grapes may be made to produce as much annual wealth as a farm of 160 acres in the Eastern States. What might seem to the inexperienced in such matters as a sterile mountain-side, can, with a moderate amount of labor, be converted into a vineyard that will produce an annual income of from \$500 to \$1,000 per acre. Of course it takes a half dozen years to bring this about. This requires capital where it is carried on extensively, and the man who is without it must use his muscle pretty freely while awaiting the growth of his vineyard; but when this time comes he is placed beyond the necessity of manual labor.

For the invalid who may wish to prolong his days on earth, and get the most of it by way of enjoyment, this locality affords the very best of facilities. The investment of \$5,000 or \$10,000 in a vineyard, furnishing a something by which the mind of the individual may be occupied, and if need be the muscles used, will tend greatly to produce contentment, that essential so necessary to health.

There is certainly no more healthful employment than caring for a fruit farm. There is so much to please the senses in the foliage, flower, and fruit, while awaiting the growth or bearing of this vineyard, that a man with the slightest disposition to engage in manual labor cannot help it, and this is what most invalids need.

The climate of this valley and the surrounding mountain ranges is well adapted for the cure or alleviation of consumption, sufficiently removed as it is from the coast to modify the sea breezes. A great part of the year being without rain, the health-seeker can camp out as much as he pleases or is necessary, and the abundance of game furnishes continued amusement for those who love this kind of sport. Wild flowers, shrubbery, and the forest trees are of great variety, so that ladies, or those interested in botany, may be sufficiently amused. Geological remains are not wanting, and mineral springs of the finest variety are in several localities. Of course fruits are abundant, fresh from the tree or vine, and last fully nine months of the year. Vegetables are on hand the year around fresh from the garden or farm, and wild meats, from the mountain trout to the wild deer, can be had in their seasons.

The tourist, his motive being for the acquirement of health or for pleasure, can find attractions to make the time well spent in visiting this place. Napa City and St. Helena are aristocratic little cities in which reside wealthy and cultured people. We would not think this a typical resort for wealth, as such places are mostly for display and for fashionable dissipations, but rather as a resting-place from the din or toil of the city, or for a change from a more rigorous climate. For the Eastern man, or woman, who has need of recuperating his stock of vital force, he may spend time profitably here. A variety of agencies may be brought to bear that are calculated to bring about good results.

Among the special curative agencies may be mentioned the Napa Soda Springs. The superior quality of the water of these springs has been established for thirty years, so that it is no experiment. It is not only medicinal, but a delightful refrigerant drink, and is consumed all over the coast as such. Saloons all keep it in stock, and the temperate individual takes it instead of lemonade or other simple draught. It can be drank in unlimited quantities without

producing the least discomfort. The springs are located about 1,000 feet above the level of the valley, on a mountain-side, and from this point a view is furnished which is truly wonderful in its grandeur. When the sun sets over the distant mountains, as its last rays greet the mountain-sides, the rich flood of golden light, in contrast with the vari-colored scenery, is so enchanting as to entrance the imagination and make one think of fairy lands.

The utmost variety of vegetation flourishes here, as this locality is protected from the action of winter frosts by the tardy rising of the sun above the mountain crest on the east. The orange, palm, acacia, fig, and others of their kind flourish together.

The springs have been fitted up at an enormous expenditure, in a style that ought to satisfy the most fastidious, yet the cost of living is not beyond the reach of those in moderate circumstances. Facilities for enjoyment and recreation are furnished of every variety, so that persons used to the excitement of city life need not perish of *ennui*.

As regard the particular medicinal qualities of the water, we should think it adapted for the relief of dyspepsia and affections of the urinary apparatus. Business men from their fuss and worry imperfectly digest and assimilate their food. Over-stimulating qualities are crammed into the stomach, and, too often, coffee, tea, or wine is made to take the place of more proper aliment, until the organism becomes completely perverted in its functions. Persons of such habit become distinctly American in their peculiarities. Nervousness, neuralgias, constipation, and numberless other ills proceed from this habit of life. Many of these individuals drink too little water, and the kidneys become exhausted trying to excrete a vast amount of detritus from the system that comes of the bad assimilation of food and the tardy waste of tissue. This is made so from a lack of the watery constituent of the urine, the solids being so much in excess as to act as an irritant. The waste from

other glands is interfered with in a similar manner. Water is the proper solvent of these products of waste from our organism, and when it is lacking we are sure to suffer evil consequences. It is fashionable nowadays in both sexes, to have irritation of the bladder, and many times this is attributed to reproductive troubles, when, in fact, this part is kept in an irritable condition simply by an abnormal urine.

Now this disordered condition that we have attempted briefly to describe can be remedied by drinking Napa soda water. This may be done at home in a measure, but as the individual is likely to retain his business habits he will receive only a limited relief contrasted with what he might by living at the springs. In going to the springs you should break away from all the habits that were your besetting sin, and lead a new life. Coffee, tea, tobacco, and alcohol should be left off if practicable. We should think it a good place to reform from the alcoholic habit. A shattered nervous system from the abuse of stimulants in individuals who have done much mental work might find a balm in this beneficent gift of nature.

There are many other constitutional conditions which undoubtedly can be cured by this water, and from the pleasantness of the surroundings of the springs and the palatableness of its waters it could be truly said that the cure would not be worse than the disease. There are luxuriant facilities for baths, which plays no small part in effecting whatever benefit may be derived from a sojourn at this resort.

Analysis of the water from Napa Soda Springs: Temperature, Fahrenheit, 68 degrees; residue from the evaporation of a gallon, 68.76 grains; Bicarbonate of Soda, 13.12 grains; Carbonate of Magnesia, 26.12 grains; Carbonate of Lime, 10.83 grains; Chloride of Sodium, 5.20 grains; Subcarbonate of Iron, 7.84 grains; Sulphate of Soda, 1.84 grains; Silicious Acid, .62 grains; Alumina, .60 grains.

An Overdose.—That the action of the American Medical Association in tabling the resolution to revise the Code of Ethics for another year has not elevated its members and adherents in the estimation of the public, is quite evident if the voice of the secular press is any echo of the sentiments of that element. Time has been when regular medicine commanded some respect at the hands of the press, but its absurd claims have been hackneyed until they have become nauseating. Few of the laity nowadays are so lost to self-respect as to openly champion such an unreasonable cause.

There is no denying the fact, ignore it as its supporters may, that the public is becoming thoroughly disgusted with the efforts of allopaths to ostracise liberals. The course they have pursued is so opposed to the spirit of free thought, enterprise, and progress characteristic of this country that the greatest wonder is as to where they have found sympathizers thus long. When prominent newspapers like the *New York Sun* and half a dozen others we might name, declare in their editorial columns that such principles are a disgrace to the medical profession, it appears as though public sentiment was at length awakening to a just appreciation of the absurdity of the claims of this pharisaical body.

We hope no one will imagine that we desire the revision of this much mentioned code from selfish motives. It is impotent for harm to eclectics or other irregulars. The warfare waged upon eclectics for the last forty years has done them actual good. It has, best of all, stimulated them to earnest effort for individual standing before the public, thus brightening their wits and enabling them to excel, in a large number of instances. But this is not all; persecute a public man unjustly, and strong friends will almost invariably rise up to espouse his cause. Thus it has so often been that a solitary eclectic, surrounded by bitter enemies in the shape of regular physicians who have left no opportunity unimproved to magnify his faults even to the extent

of misrepresentation and calumny, has thriven beyond all expectation. True he may be successful above his competitors, but that is not all the secret of his thrift. The knowledge that there is an effort being made to persecute him is sufficient to raise up a host of adherents. Were it not for the insult offered to good sense and decency by its existence, we would be opposed to a revision of the code.

Prof. Howe in San Francisco.—Our esteemed co-laborer, has come and gone. We were truly glad to once more meet and greet *our* Prof. Howe. We call him "ours" because he has done so much for all of us. His labors in the profession have been for eclecticism, and no one college or locality can say that he has not given a helping hand to all meritorious work. He has ever been willing to assist his competitors while building up new colleges and journals—all without money and without price. We have great admiration and respect for such men. We think that he has worked through his professional life for what he conceived to be right, and not for what would have added most to his aggrandizement. His labor has been to give eclecticism the wider scope of liberty of thought and action, and to prevent the narrowness of dogmatism.

As a scientist, surgeon, and author he has done much, and his life has been one of arduous toil to develop that which is truly useful to mankind.

It is customary to do homage to men for their good deeds after death, but we prefer to give them their dues while living. As a token of our appreciation of the works of this man, we of California gave a banquet to him. It is not for us to say much of what we did, but for us it was a source of pleasure to have an opportunity to in some way demonstrate our feelings toward him. We hope that he will cherish some kindly feeling toward us, and that he may think that we are actuated in our professional lives by some of the liberal ideas which have so signally characterized his

career. We hope that the time may not be far distant when he may again visit us, and that his life may still be crowned more fully by honors due him.

We will append a brief notice of the banquet from one of the daily papers:—

A MEDICAL BANQUET.

Last evening a banquet at the Palace Hotel was tendered Dr. Andrew Jackson Howe of Cincinnati by his medical brethren of this coast. Twenty members of the profession were present, representing delegates from all portions of the State. Dr. Howe is one of the most eminent eclectic surgeons in the United States, occupying the Chair of Surgery in the Cincinnati Medical Institute, and author of the well-known text-book upon surgery. He is at present on a brief visit to his California friends. Dr. Fearn of Oakland officiated as toast-master. Toasts were offered as follows: "Success of Eclectic Surgery," responded to by Dr. McLean, of Oakland; "Success of California Eclectic Journal," responded to by Dr. Cornwall, its editor; "Our Honored Guest," responded to by Dr. Fearn. In response to the last toast Dr. Howe arose and wittily related his experience as a Professor. At an early hour this morning the banqueters departed in the consciousness of a happily-spent evening.—*Daily Examiner, Wednesday, July 4th.*

Atropia for Earache.—For the last six months we have noticed this note going the rounds of the medical journals. This is said to be a sure cure in every case. Now, this is the worst kind of medical bosh, and calculated to do no small amount of harm. An earache is an inflammation of the tympanum in ninety-nine cases out of a hundred, either acute or subacute, and the condition which produces pain may be the first stages of an inflammatory attack, or in the last stage when suppuration and perforation of the membrana tympani has taken place. This is a misnomer, and any physician who speaks of earache nowadays is ignorant of what he is talking about. It should be called an otitis as much as inflammation of the throat a pharyngitis. We do not wish to be considered a stickler for names, but

this one does so much to mislead students and practitioners that it should be expunged from the category of diseases. In the nature of things there can be no such thing as a neuralgia of the ear, as the auditory nerve is not one of sensation. We may have inflammatory conditions at some point in or about the ear which produces pain, but to call it earache is acknowledging one's ignorance of the affection. Sulphate of atropia has a very limited action on inflammatory affections of the tympanum, as we know by personal experience. Several years ago, knowing the effect this agent produced upon inflammatory affections of the eye, we made a trial of it in otitis media, but in the smallest number of cases did we get any beneficial effect. In most cases where the pain is very severe in the ear there is formation of pus, and atropia would produce about the same effect as it would applied to a suppurating furuncle. There are many marked points of similarity between the organ of vision and that of hearing, but that of the membrana tympani and the cornea is greatly dissimilar in one particular that has greatly to do with the subject in discussion, viz.: that of their ability to transmit fluids through their structure. It is known that the intra ocular tension is regulated by this permeability of the cornea to fluids, and that certain substances in solution can be detected within the eye very soon after their application to the cornea. Now with the membrana tympani this is not the case, and, consequently, there could be no greater effect from the use of atropia on the Mt. than on any other structure of the body.

Where there are perforations of the Mt., so that fluid may come in contact with abraded surfaces, it might be expected that some deadening of the pain would be produced; but in this case you are much more likely to get absorption and belladonna poisoning. In fact, this is often the case where there is indiscriminate use of this solution in children's ears for the relief of pain. The strong solution may run directly into the throat, the child swallowing

it, and in this way become poisoned. Preparations of opium from time immemorial, have been instilled into the auditory canal for the relief of pain in the ear, but without the slightest effect, we vow, only in cases where there are abrasions or perforation of the Mt., and then a hypodermic injection would have done as well.

Aurists have recognized the fact that drugs do not modify inflammation of the tympanum, when poured into the auditory canal, without there is an abrasion, so that it may act constitutionally, and hence depend on other measures. The known action of the prolonged application of hot water to contract the vessels of a part, and hence lessen the amount of blood, has led to the use of this agent with positive results in these cases. A leech applied to the tragus—not the mastoid process—is known to cut off the arterial supply of the tympanum, and hence is the most reliable agent we have to discuss inflammatory processes in this part.

A “nocturnal earache,” for which so much is claimed for instillations of atropia, is a hyperemia of the tympanum, and may be caused from febrile exacerbations in a strumous child, or from the lowering of the temperature of the apartment compared with what the child is used to in the daytime. Nothing can be accomplished by pouring irritating slops, or what not, into the auditory canal, but the constitutional condition of the child should have attention, and the clothing and temperature of the room regulated as should be to suit the case.

Horlick's Food.—We are not in the habit of calling notice to articles advertized in our journal, in the editorial columns, but as the season for cholera infantum is approaching we believe we may be able to benefit our readers by directing their attention to this really meritorious food.

Many of us realize the difficulty experienced in maintaining a condition of improvement in this disease especially where children are fed upon cow's milk. Food of this kind

is liable to aggravate the bowel symptoms and thus prolong the disease to a fatal issue, even though the best of medical treatment be employed. In such cases we have been highly gratified with the results obtained by the use of this agent as a substitute for all other food. We are confident that we have been enabled to save life through its aid in more than one instance. As an article of food for adults where there is extreme debility of the digestive functions, it will often prove of avail, sustaining life when other diet cannot be tolerated. Try it.

Searby's Bed-Pan.—Mr. Searby, of San Francisco, has invented a bed-pan, the advertisement of which appears in the JOURNAL. This is the nearest perfection of anything of the kind we ever saw. It is more particularly calculated for the administration of vaginal injections, after the manner of Emmett, but may be used for rectal injections as well. It obviates the possibility of spilling any of the contents of the pan into the bed, and is absolutely comfortable for a patient for any length of time, and may be used either in a lying or sitting position. A good idea of its structure may be had from looking at the picture. We have made use of it ourselves, and can recommend it to all.

New Journals.—The *Scientific Californian* came to us this month as an addition to our exchange list. It is edited by William Oscar Thrailkill, S. M., M. D., D. D. S. We are personally acquainted with the editor, and can but wish that he have great success in his undertaking. The July number is Vol. 1 and No. 1, and it presents a first-class appearance. It is to be devoted to science, art, hygiene, and humor—a rather singular mixture, one would say. For our part we do not like mixtures, but it does not follow but others do. We think that journalism, as well as other callings, succeeds better when the *brains* of the paper devotes himself to a specialty. The editor should be

somewhat of a fanatic or enthusiast on his specialty, and in this way he may by his earnestness interest and convince the reader. It has become the province of daily papers to furnish us with miscellaneous reading matter, and in such the editor plays no particular part except as a manager. The monthly, on the other hand, is usually characterized, or shows the impress of its editor's opinions, so much so, that from our recollection those monthlies which have become noteworthy have become so through the strength of the composition of the editor.

And now that we are through complaining, we would say, that if the future numbers of the *Scientific Californian* are as good as the present one it will certainly be a good investment for any one for the money (\$1.00 per annum) for a family paper.

• **Infantile Constipation.**—There is not an unfrequent call for something to relieve habitual constipation in nursing children. Especially are bottle-fed babies liable to this complaint. Now Doctor how are you going to relieve this? With castor oil or syrup of rhubarb in allopathic style? or will you endeavor to prescribe something that will prove more lasting in its results? That plan, if you possess the confidence of the family, will doubtless keep you in business for a time, for you will have frequent calls for a repetition of the prescription, but these frequent calls will be a sad commentary upon the amount of skill displayed.

We seldom prescribe but once in a case of infantile constipation, though it is best to use a mild laxative in the start if the bowels require immediate relief. Then R. Tincture Bryonia gtt. v to xv, Syrup or Simple Elixir ζ iv. M. S. Give a teaspoonful three or four times daily.

Score Another for Liberal Medicine.—I quote from the report of the Board of Regents of the State University of Nebraska. The following resolutions, presented by Regent Gere, were adopted:—

Resolved, That the following gentlemen be appointed to the chairs designated in the medical college to represent the homeopathic school of medicine, whose work shall be independent of the work done by the other professors appointed to the same chairs: B. L. Paine, of Lincoln, Professor of Theory and Practice; C. L. Hart, of Omaha, Professor of Materia Medica and Therapeutics; B. F. Richter, of Lincoln, Professor of Obstetrics and diseases of women and children.

Resolved, That the following gentlemen be appointed to fill the respective chairs designated in the medical college to represent the eclectic school of medicine, whose work shall be independent of that of the other professors appointed in the said chairs: W. S. Latta, of Lincoln, Professor of Theory and Practice; J. H. Woodward, of Seward, Professor of Materia Medica and Therapeutics, and that a chair of Obstetrics and diseases of women and children be filled by such person as may be designated by the Eclectic Medical Society of the State of Nebraska.

Provided, That the services of all the professors herein appointed shall be rendered without compensation from the State.

The following resolution was adopted:—

Resolved, That the medical faculty, or the representatives of either school of practice represented in the faculty, are authorized to select a Board of Examiners outside of the faculty to examine candidates for degrees, who shall report their doings to the medical faculty. Degrees will be conferred by the Board of Regents on the recommendation of the medical faculty, showing the concurrence of the Board of Examiners.

This Mr. Gere, one of the Regents of the University, is a brother of our Professor Gere of California Medical College, and is editor of the leading daily newspaper in the State of Nebraska. So much for eclecticism having influential friends. The Western States are teaching the Eastern in many respects, and notably in educational affairs. America was the birthplace of freedom, and this originated among its agricultural population. It is a fact that, were it not for our rural population and their sturdy maintenance of American ideas, our country would soon be governed by

foreigners and by those whose sympathies and notions of government are anything but those characteristic of the United States. The Central and Western States, and notably such States as Iowa and Nebraska, are governed by this element, the original stock of American farmers. In these States eclecticism thrives because the people are lovers of liberty and American institutions. In these States eclecticism may get her dues, because these people demand equal rights and recognition from its law-makers. We hope the medical department of the University of the State of Nebraska may be a great success. We send our greeting and well wishes from the Pacific Coast.

IODOFORM ointment is a valuable application in irritable states of the urethra. In vesical tenesmus from prostatic inflammation, in inflammatory conditions involving the membranous portion of the urethra or any part of its length for that matter, it will exert a very satisfactory influence as a soothing agent. To apply it wrap the end of the staff of a common gum elastic catheter with thread or lint and pass it into the catheter to within an inch of the eyelet. Now you have a sort of syringe. Fill the eye and lower portion of the catheter with the ointment and smear the outer surface so as to lubricate it. Carry the instrument in until the sensitive part is reached, then force the staff onward, and afterward slowly withdraw the catheter. We have used iodoform ointment in one case of urethritis following parturition, with good results, where an obstinate retention had necessitated the use of the catheter for several days previously. The first application resulted in immediate and permanent relief from retention.

PROF. LOGAN wishes to say to his friends in the profession that owing to increase of business he will not be able to make gratuitous chemical analyses in the future. Not that he is not willing to be accommodating, but that so many

are sending specimens that, to do justice to himself and those who wish information, his whole time would be monopolized and a considerable expense incurred.

Hereafter he will ask a fee of from \$1.00 to \$5.00 for an analysis of urine, and for specimens of other material according to circumstances.

SOME of our writers object to any reference to the "cause." The reason for this is not assigned and we are left to our imagination for a satisfactory answer. One thing we are sure of, an effort for the general good of the cause, if it produces any effect, will tend to a distribution of its benefits. The cornering of issues is beginning to be the fashion. It might be difficult to get it patented or copyrighted, therefore "Dont mention it."

FROM the *New York Sun* we learn that Dr. S. B. Munn, of Connecticut, has a \$10,000 malpractice suit on hand. John Belfry, of Waterbury, charges that Dr. Munn prepared the medicine and that Mrs. Munn administered it, which produced the total destruction of his sight. It is casually mentioned that Dr. Munn is an eclectic. We suppose it to be the Dr. Munn who officiated as president of the National a few years ago. A piece of allopathic malice in all probability.

How many of our readers have tested manaca in rheumatism? Let them not all report at once for fear of a surfeit. We have employed it in a few cases this spring, without becoming enthusiastic over its virtues. If anybody knows anything to the contrary, let him now make it known or else forever after hold his peace. We are interested in this for the reason that manaca was one of the new remedies to be reported upon at the next State meeting. Let us have a little of the report in advance, or at least let us be investigating so as to aid the committee in making a final showing.

CERTAIN of our eclectic practitioners seem strongly disposed to parade their names before the public in such a way as to disgrace their respectable neighbors. Recently an allopath handed us a circular with the remark that it was a rich thing. It proved to be a disgustingly badly worded piece of windy balderdash setting forth the wonderful ability of the advertiser and calling attention to his specialty, which he termed "urino-pathology." The author of the circular has been a professor in Field's College, and makes pretensions to considerable influence in professional circles, but such doings ought to banish him from good company.

BOOK NOTICES.

HAND-BOOK OF ELECTRO-THERAPEUTICS.—By Dr. Wilhelm Erb, Professor in the University of Leipzig. Translated by L. Putzel, M. D., Neurologist to Randall's Island Hospital, and Physician to the Clinic for Nervous Diseases, Bellevue Out-door Department, etc.; with thirty-nine wood-cuts. New York, Wm. Wood & Co., 56 and 58 Lafayette Place.

This is the June number of the series published by this company. Everything can be said of this that has been said of the other numbers. It certainly presents, in a compact form, the essentials requisite for a guide to the physician. We give headings of the table of contents, which will furnish a fair idea of the scope of the work:—

Part I.: Physical Introduction. Part II.: Physiological Introduction. Part III.: Methods of Electrical Examination and Electro-Diagnosis. Part IV.: General Electro-therapeutics. Part V.: Special Electro-therapeutics. Appendix: (a), Electro-therapeutics of Psychosis; (b), Diseases of Spinal Cord; (c), Diseases of the Peripheral Nerves; (d), Paralysis and Atrophy; (e), Pain, Neuralgia, and Neuralgiform Affections; (f), Spasm and Contracture; (g), Anæsthesia; (h), Diseases of the Cervical Sympathetic—Vasomotor, Trophic and Allied Neuroses; (i), General Neuroses—Central and other Functional Neuroses; (j), Diseases of the Organs of Special Sense; (k), Diseases of the Organs of Locomotion, the Glands, the Viscera, and the Digestive Apparatus; (l), Diseases of the Urinary and Sexual Organs.

SELECTIONS.

CEREBRAL APOPLEXY—THREE CASES REPORTED.

THE young and inexperienced medical man is startled when summoned to a case of apoplexy. Upon arriving at the scene of the sudden prostration of an elderly person, the question of what is best to do and what can be done, is oppressively pressing. The friends expect something to be done, and the physician cannot sit down complacently and fold his hands. The patient is unconscious, and presents a shocking appearance. The skin is pallid, the eyes are motionless, the respiration is labored, perhaps stentorious, the limbs fall into prostrate attitudes, and every feature of the case is impressive and unpromising.

At an earlier period in the history of medicine, the practitioner would know at once what to do: he would cord an arm to swell the median cephalic or basilic vein, and then execute phlebotomy *secundem artem*. That was doing something, in the eyes of the unprofessional. "That doctor knows what he is about," they would exultingly exclaim, and the advocate of no bleeding would be nowhere. In time the truth became slowly recognized, which was that the blood-letting did not save life, but that, in most instances, the act evidently retarded the recuperative processes. The acknowledgment of the error—the absurdity of the theory on which phlebotomy is based—was tardy of recognition, yet the time has come when he must enjoy the exalted reputation of a Gross to champion blood-letting and not lose caste by the effort.

To make my theme as plain as possible, I will report, in brief, three cases of apoplexy that have occurred in my practice within a year—all recovering.

August 4, 1882, Mrs. Scott, sixty-four years of age, "fell in a fit," while visiting her married daughter and grandchildren. She had eaten heartily of ham and eggs, and then partaken of ice-cream as a dessert. She was a dys-

peptic at best, and had been warned against the effects of "heavy meals." The patient was thin of flesh and long in the neck, thus contradicting the idea that only plethoric, fat, and short-necked individuals were prone to apoplexy. As my reader may wish to know what meaning may be conveyed by the term, I will say, by way of parenthesis, that cerebral apoplexy is a shock of the brain, caused by the bursting or plugging of an artery inside of the skull. In either case, the portion of brain supplied by the plugged or bursted vessel, is now deprived of its wonted supplies, and suffers thereby. Again, in the event of arterial laceration, the blood extravasated coagulates, and exerts pressure as a clot. The force indents the soft cerebral mass, and interferes with function in the parts impressed. In other words, the evolution of thought is checked, consciousness is lost, and coma prevails. The *pressure* of the coagulum is as *mechanical* as if a fragment of skull were driven upon the brain and allowed to remain there. The cerebro-spinal shock interferes with respiration, circulation, and, more or less indirectly, with every vital function; hence, a fatal issue in cases where no relief can be obtained.

The process of cure is through relief coming indirectly from the stomach. The cause was primarily in that organ, and to remove that is a step in the way of relief, though *effects often remain after causes have been removed*. Generally, an apoplectic patient manifests a disposition to vomit, and will readily do so with the help of a finger in the throat, or the nauseating assistance of a draught of warm water. The effects of powerful emetics are too depressing, though reaction soon follows emesis. The patient should be made to vomit, and thoroughly, too. The ship of life, struggling in a storm, is relieved of strain when her unwelcome cargo is thrown overboard. The figure is not altogether fanciful or far fetched.

I gave Mrs. Scott tablespoonfuls of tepid water till she got rid of her ill-assorted meal. This operation consumed three hours. At the end of that time my patient had a satisfactory pulse and breathed easily. I prescribed peppermint water and sulphite of soda for the indigestion and flatulence. In the morning the patient recognized my presence, but could not speak to me nor utter a connected sentence. I ordered toast, tea, and stewed tomato as a diet for the time, and prescribed sulphurous acid, and nux, in

alternation. The right arm was practically paralyzed, and so was the leg on that side, though not quite as much as the upper extremity. The tongue swung to the right when protruded, the face was a little down to the right, and the eyelids were not under perfect control. Now, to make the report quite short, I will say that under the employment of peptics, including arsenic, phosphorus, nux, and ginger, Mrs. Scott made a complete recovery in three months. The speech gradually returned, though weeks passed before she could articulate accurately and say in connection just what she desired should be said. From day to day the numbness left her right side, and the sense of touch returned. At the end of two months she had difficulty in picking up a needle. She called that act the crucial test of capacity.

The second of the three cases I have to report at this time is that of Mrs. Cope, a woman sixty years of age, and of medium weight and stature. During the night of November 10th, her husband found her in an unconscious state. She breathed easily, but was unable to speak, and she could not be aroused. A messenger informed me of the patient's condition, and I promptly responded to the summons. Upon arriving at the house of the Copes, I found the palsied woman a pathological puzzle. She went to bed in a normal state of health, her digestion was good, and her mind had not been disturbed or unduly exercised of late. After considering all the phases of the case, I pronounced the difficulty as one arising from plugging (thrombus) of the middle cerebral artery on the right side. I presumed that a clot of serum had formed in the heart, and, becoming detached from its primitive hold, had followed the arterial currents upward, and lodged in a vessel too restricted in calibre to let it go further. It stopped like a clog in a stream, producing what is called embolism. The blood was directed from that portion of the brain where the plugged artery was distributed, and carried in undue quantities to other parts. The irregularity was attended with shock and partial paralysis, and a return to consciousness and normal states of the brain was tardy, the recovery depending somewhat upon vascular distribution through anastomosing vessels. My patient recovered in about six months, though she cannot yet speak and write as fluently as formerly. Probably the convolution of Broca is still lacking a full supply of blood. During a two months' illness, contingent upon the thrombosis, the patient

suffered from hot sensations in the head, though the temperature of the body, measured under the tongue, was below normal; once I found it as low as 97°. The pulse averaged about six beats to the minute. I gave little medicine, but ordered the numb arm and leg to be rubbed daily with a mixture of equal parts of the tinctures of cayenne and aconite. The patient thought the frictions and lavements made her limbs feel more as if there was life in them.

The third patient of the kind was Mrs. Davis. While stooping in the dining-room, one day in April, she reeled and fell; and so helpless did she become that the house-girl called in some neighbors. Immediately a telephonic message summoned me. The patient had been transferred to a sofa in the parlor, and I assisted in taking her up-stairs to her sleeping-room. While lifting her, she seemed as limp as a person in a fit of syncope. She was unconscious, and breathed heavily. The face was pale, and the lips purple. I feared speedy death, until with my fingers in her fauces I provoked vomiting. The right arm and leg were seemingly paralyzed. At intervals there was stertor, the breath bursting from a corner of the mouth in a puff, with bubbles of air in saliva. The symptoms were altogether so desperate that friends at a distance were informed by telegraph that she was dangerously ill. In five hours after I saw her, she could be aroused sufficiently to swallow a tablespoonful of water. The following morning she could enunciate single words, but could not construct a sentence, or even make her wants known by signs. I now prescribed peptics and easily digested food. The succeeding day I gave her a syrup of hypophosphates with arsenic and nux. Some days afterward she took malt. In a week from the attack, the patient could hold a knife or spoon in the palsied hand, and speak short sentences, though not always correctly. At the end of two weeks she wrote a short note to me, but the chirography was so disjointed and scratchy that I could not read her writing.

I will close by venturing a few remarks bearing upon the disease the three cases have been cited to depict. The senile brain decreases in weight, so that it does not fill the skull as compactly as it did from forty to fifty, and the walls of the arteries grow weak through atheromatous degeneration. The digestive powers of men and women at the age of sixty are feeble at intervals, and fermented ingesta provoke cerebral congestions. Apoplexy, then, is incident to a given age—approximating sixty. A. J. HOWE, M. D.